Philipides was a runner that ran from Marathon to Sparta and back in one week. He was sent to Sparta because the Athenians needed help in the war against Persia and they were outnumbered. So Philipides ran from Marathon to Sparta in about three days. Then once he had arrived at Sparta to ask for their help the Spartans said that they would only help when the moon was full. And so he then returned to Athens with the not so great news. He returned just in time to aid in the war and they won. So then he had to run from Marathon to Athens to tell of the great news, which took even longer. Thus is the story of Philipides.

<http://www.mlahanas.de/Greeks/Philipides.htm>

<http://ancienthistory.about.com/b/2009/09/02/pheidippides-and-the-marathon-to-sparta.htm>